

## Survivor Stories: Annette's Lessons

### How to Be the Squeaky Wheel

Everyone that we talked to, they all said, "just be the squeaky wheel, be the squeaky wheel, make sure you're this squeaky wheel." We were like, "the squeaky wheels need to ask for something" and we don't even know what to ask for. I don't know-- how do you be a squeaky wheel in this world of oncology and BC Cancer. So I think part of what Alex really helped us with was knowing what to ask for. Knowing what was out there and knowing the different paths that we could go. He gave us lots of things. He explained the cancer to us. So we finally sort of understood it. For me, I think that was paramount because I then could take everything that he was suggesting around fit-- about diet, about exercise, about all of those things, about relaxation, trying to distress, trying to get your nervous system calmed down, trying to get your inflammation down, all those sorts of things then made sense to me.